INTEGRAL

Adult Autism Conference

Interactive Networking, Talks, & Education for Growing Autism Legitimacy

Resources

October 24, 2020

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If links are not active, please copy and paste web address into browser bar.

Conference hosted by:

AUTISM SOCIETY

Improving the Lives of All Affected by Autism

South Central Wisconsin

INTEGRAL
Adult Autism Conference
Interactive Networking, Talks, & Education for Growing Autism Legitimacy

Cultural Norms & Expectations

1. Website – Safer Sex and COVID-19
https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-sex-guidance.pdf
2. Document Attached: Pandemic Dating Safety Planning

Employment

Websites
1. Creating employment opportunities: https://www.cai.io/capabilities/autism2work/
2. Job openings in 47 states for people on SSI/SSDI: https://www.myemploymentoptions.com/job-openings/
3. Work at home with the guidance and coaching of Prosperity Pathways: https://prosperitypathways.com
4. Mobility Training and Independent Living Program: https://mtilp.net/services/supported-employment-program/
5. Department of Workforce Development: https://dwd.wisconsin.gov/dvr/

Books
1. Get A Real Job Online: Work at Home, by AnnaMaria Bliven
2. Work at Home with A Real Online Job, by AnnaMaria Bliven
3. The Hidden Curriculum of Getting and Keeping a Job: Navigating the Social Landscape of Employment: A Guide for Individuals with Autism Spectrum and Other Social-Cognitive Challenges, by Judy Endow, Malcolm Mayfield, Brenda Smith Myles

Financial Hardship

Websites
1. Main landing page for UW financial websites: https://extension.wisc.edu/family/financial-education/
2. Self-study modules on a range of financial basics: https://fyi.extension.wisc.edu/moneymatters/
3. Understanding credit reports and scores: https://fyi.extension.wisc.edu/creditreport/

Documents attached: Credit Report Freeze-Why Do It?, Navigating Financial Uncertainty, Six Steps to Setting Up Your ABLE Account in Wisconsin, and Tools to Cope with the Financial Impact of COVID-19

Mental Health

1. COVID-19 Resource and Information Guide: https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf

2. Insight Counseling & Wellness: www.insightmadison.com

3. Guided meditations: YouTube, https://insightmadison.com/multimedia/

Apps for smart phones and tablets
1. Calm app guided meditations and related resources
https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720

Other Apps: Mood Path, Anxiety Tracker, Healthy Minds, MyLife, Thought Diary, My Safe Zone

Crisis Phone and Text Lines
Hotlines
1. Trevor Lifeline for LGBTQ+: 1-866-488-7386
2. Suicide Prevention Lifeline: 608-280-2600 or 1-800-273-8255
3. Wisconsin Hope Line: Text "HOPELINE" to 741741 to reach online counselors
4. Crisis Text Line: Text "HOME" to 741741 to reach online counselors

Warm Lines
1. Solstice House: 608-244-5077
2. Iris Place: 920-815-3217
3. Monarch House: 715-505-5641

Documents attached: Coping Skills Toolbox and Coronavirus Anxiety Workbook

Societal & Political Trends

Websites
1. NYU's Brennan Center for Justice's work on Gerrymandering and Fair Representation:
https://www.brennancenter.org/issues/gerrymandering-fair-representation

Books
1. The Politics of Autism, Navigating the Contested Spectrum, by John J. Pitney, Jr.
2. It's Even Worse Than It Looks: How the American Constitutional System Collided with the New Politics of Extremism, by Thomas E. Mann and Norman J. Ornstein

Societal & Political Trends/Books (continued)

3. Women and the White House: Gender, Popular Culture, and Presidential Politics ,
by Justin S. Vaughn (Editor, Contributor), Lilly J. Goren (Editor, Contributor), Linda Beail (Contributor), Rhonda Kinney Longworth (Contributor), Mary McHugh (Contributor), Chapman Rackaway (Contributor), Joseph Uscinski (Contributor), Stacy Michaelson (Contributor), José D. Villalobos (Contributor), Elizabeth Hatfield (Contributor), Todd L. Belt (Contributor), MaryAnne Borrelli (Contributor), Melissa Michaux (Contributor), Karen S. Hoffman (Contributor)

4. The Politics of Military Base Closings: Not in My District (Popular Politics and Governance in America), by Lilly J. Goren

5. Mad Men and Politics: Nostalgia and the Remaking of Modern America, by Lilly J. Goren

6. You've Come A Long Way, Baby: Women, Politics, and Popular Culture, by Lilly J. Goren

Support Services & Resources

Group Activities

1. LOV, Inc: **www.lovedane.org**
https://lovdane.org/covid-19/virtual-distractions/
https://lovdane.org/social-activities/calendar/
https://lovdane.org/covid-19/frequently-asked-questions/
https://lovdane.org/covid-19/resources-2/

Community Resources

1. Autism Society of Southeastern Wisconsin resource directory: **https://www.assew.org/wp-content/uploads/2020/03/RESOURCE-DIRECTORY-2020_v23.pdf**
2. The Autistic Self-Advocacy Network (ASAN): **www.autisticadvocacy.org**
3. Autism Society of America: **https://www.autism-society.org**
https://www.autism-society.org/covid-19/
4. United Cerebral Palsy (UCP): **https://ucpdane.org** (in-home aids, respite care)
5. Community Living Alliance (CLA):**https://www.clanet.org**
https://wi-bpdd.org/wp-content/uploads/2020/03/Wisconsin-COVID-19-Resource-Toolkit-FINAL-fillable.pdf
6. Department of Vocational Rehabilitation: **https://dwd.wisconsin.gov/dvr/** (Job coaches)
7. Aging and Disability Resource Center of Dane County: **http://www.daneadrc.org**

Physical Health

1. YMCA: Gyms are open with new restrictions and outdoor classes
There are also online/Zoom exercise classes available **https://www.ymcadane.org/live-zoom-fitness-classes**
YMCA offers financial assistance **https://www.ymcadane.org/membership/financial-assistance**

Support Services & Resources/Physical Health (continued)

2. Free outdoor running program: https://www.parkrun.us/howardteminlakeshorepath/
3. Free online yoga classes/videos: www.doyogawithme.com
4. Free online dance classes: https://docs.google.com/document/d/10zGZo1re8NDh-b3ewUtsV2vqMAOujKmMwf61QVKE5SU/mobilebasic
5. Cosmic Kids Yoga (not just for kids): http://www.cosmickids.com

Books
1. Books and other resources, by Judy Endow: www.judyendow.com
2. The Hidden Curriculum Series, by Brenda Smith Myles and Judy Endow

*The Hidden Curriculum for Understanding Unstated Rules in Social Situations for Adolescents and Young Adults
*The Hidden Curriculum of Getting and Keeping a Job: Navigating the Social Landscape of Employment A Guide for Individuals with Autism Spectrum and Other Social-Cognitive Challenges
*The Hidden Curriculum and Other Everyday Challenges for Elementary-Age Children with High-Functioning Autism

Documents attached: Online Movement Resources

HEART CONSULTING, LLC

Safety Plan

FOR DATING DURING A PANDEMIC

1 I will send and receive __ messages before meeting with someone I met online.

2 When meeting someone for a date...
My plan to get there is:
My plan to get home is:

3 COVID-19 precautions I will take:
Examples: ask if they have been sick or around someone who has been, we will both wear masks inside...

SAFE SEX DURING COVID INFORMATION:
HTTPS://WWW1.NYC.GOV/ASSETS/DOH/DOWNLOADS/PDF/IMM/COVID-SEX-GUIDANCE.PDF

List of places I can safely go on a date or meet someone

-
-
-

List of signs I know something is unsafe
For example: Asking for money, Posting or requesting nude photos, Lying about their age or anything else

-
-
-

Revised January 2019

Extension
UNIVERSITY OF WISCONSIN-MADISON

Credit Report Freeze – Why Do It?

Worried you might be the target of identity theft or fraud?

To help safeguard your credit history information, all three of the major credit agencies – Equifax, TransUnion, and Experian – allow individuals to freeze access to their credit reports. Security freezes prevent companies other than ones you already do business with from viewing your credit report.

Due to a change in Federal law in late 2018, consumers in Wisconsin and across the United States are now able to place **FREE credit freezes** on their credit reports with each of the three major consumer reporting agencies. Before this change in law, Wisconsinites were charged a $10 fee per credit bureau for placing a freeze on their credit report and then $10 for removing a freeze, except if they were a victim of identity theft.

A credit freeze, also called a security freeze, is one of the strongest steps you can take to prevent people from fraudulently opening new accounts in your name. A credit freeze restricts people's access to your credit report, and you will likely need to lift the freeze when applying for new credit.

Credit freezes do not prevent your current creditors from reviewing your credit report. Your existing insurance company may review your credit report before renewing a policy, for example, or your credit card company may check your credit report before increasing your credit limit. Also, a freeze will not prevent new accounts from being opened by creditors who do not use credit reporting data.

A security freeze will make it slower for you to conduct some normal activities such as:

- Open a new credit card
- Apply for a mortgage
- Apply for a new apartment
- Shop for a new insurance policy
- Obtain an auto loan
- Open a Social Security account online
- Apply for a private student loan
- Have an employment background check

You can temporarily lift a security freeze when applying for new accounts or doing other activities that require access to your credit report. Lifting the freeze may take a few hours or a day depending on the credit reporting agency's procedures for processing requests.

APPLYING FOR A SECURITY FREEZE

You must apply for a security freeze directly with each of the three credit agencies. Placing a freeze with one agency does not freeze access to your reports from the other two agencies. Have your full legal name, social security number, and addresses for the past two years available.

	Experian	Equifax	TransUnion
Online	www.experian.com/freeze	www.freeze.equifax.com	www.transunion.com/credit-freeze
Phone	888-397-3742	800-685-1111	888-909-8872

ALTERNATIVES TO A SECURITY FREEZE

If you decide that the inconvenience of freezing your account is too extreme, there are other methods to protect your credit.

- **Fraud Alert** – Also new in 2018, individuals can place a free 1-year fraud alert on their credit report by contacting one of the three major bureaus which will contact the other two bureaus. A fraud alert requires any would-be creditor to take extra steps to verify your identity before opening a new account. Victims of identity theft can place an extended alert on their credit report for seven years.
- **Active Duty Alert** – Members of the military on active duty can place a free alert on their credit report notifying creditors that they are currently deployed. Creditors will then need to take extra steps to verify your identity before opening a new account. This alert lasts for one year and is renewable during the service member's deployment.
- The Consumer Financial Protection Bureau www.consumerfinance.gov explains what to do if you believe you are the victim of identity theft.

A FREEZE OR A LOCK – WHAT'S THE DIFFERENCE?

A freeze and a lock both prevent creditors from accessing your credit report, but there are differences:

FREEZE

- Consumer rights are protected by law.
- Time to lift a freeze varies between credit bureaus.
- Is a regulated free service mandated by Federal law.

LOCK

- Consumer rights are determined by credit bureau offering service.
- Time to lift a lock varies between bureaus - may take minutes, hours, or 2 days.
- Services vary between bureaus.

Another good practice to protect your identity is to monitor your credit report. The University of Wisconsin-Extension "**Check Your Free Credit Report**" campaign makes the process of ordering and reviewing a free credit report as easy as possible. Anyone can sign up to receive an email reminder from UW-Extension three times a year—on 2/2, 6/6, and 10/10—on the right sidebar. While you can order all three reports from the three credit bureaus – Equifax, Experian, and TransUnion – at the same time, UW-Extension recommends that you view one report every four months so you can be sure that the information is up-to-date and accurate year-round. Visit the Check Your Free Credit Report Campaign's website at **fyi.uwex.edu/creditreport**

At a minimum, protect your credit by checking your monthly credit card and bank statements for any suspicious or unknown charges. Contact your credit card or financial institution immediately and report any unauthorized use to your local police. With the most recent data breach, it is critical to your data security that you are watchful of all your accounts activities and particularly cautious with sharing personal information.

MARINE CREDIT UNION

Your financial position is about to change

Your income is decreasing and your bills keep coming. Knowing what to do next will help you weather the storm.

Step-By-Step:

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Seek help from people/resources you can trust

Change Your Mindset

Don't ignore your situation

It is easy to turn a blind eye to finances but they will catch up sooner or later. It is important to confront it when it starts.

Accept that things must be different

Lifestyle choices will have to change. Routines will be disrupted.

Be open and talk with your family about the changes that will need to occur.

Be realistic

It is hard not to do but try not to panic.

Panic causes destructive behaviors and can often worsen your situation.

What you can see you can manage, what you ignore manages you.

Step 1

Monthly Spending Plan

Determine your new income and expenses

Income
Monthly Take Home Pay (after taxes)

Self	
Spouse	
Second Job	
Child Support	
Other (including cash)	
Last year's tax refund	

Put minus if you are paying child support

Pay Frequency (check one)

Daily	
Twice a Month	
Weekly	
Bi-weekly	
Monthly	

HOUSING EXPENSES	Monthly Payment	Amt. Past Due	Due Date
Rent			
Electric			
Gas/Heat			
Water/Septic			
Landline Phone			
Cell Phone			
Cable (put in amount of bundle)			
Internet			

VEHICLE EXPENSES	Monthly Payment	Amt. Past Due	Due Date
Payment– Auto 1			
Payment– Auto 2			
Other vehicles			
Car Insurance			
Repairs (oil change, registrations)			
Gas			
Bus Pass			
Taxi			

LIVING EXPENSES	Amount
Groceries	
Eating Out	
Child Care	
Diapers/Formula	
Cigarettes	
Clothing	
Laundry	
Personal Care	
Prescriptions	
Medical Insurance	
Life Insurance	
Dental/Vision Insurance	
Pet Expenses	
Gifts	
Subscriptions	
School Expenses	
Church/Charity	
Entertainment/Recreation	
Savings	

Vehicles:	Value	Amount Owed
Car 1		
Car 2		
Other		

Other Assets of Value: ______________________

____

401K: ______________________

Retirement Fund: ______________________

Savings : ______________________

Step 2

Assess Your New Spending Plan

Establish a new household budget

- **How much income you can really count on?**
- **How long will your income be reduced?**
- **What are your fixed expenses?**
  - Rent/Mortgage
  - Utilities/Phone Services
  - Loans/Credit Cards
  - Subscriptions/Rentals
  - Insurance
  - Other debt payments
- **What are your flexible expenses?**
  Make sure necessities are taken care of!

The third largest expense in a spending plan is food, but it is also the most flexible! Find ways to save on your grocery bill and limit convenience foods (eating out, gas station runs, etc.)

Here are a few free helpful resources:

MyFridgeFood.com is a great resource that allows you to chose from an online pantry of items and then generates recipes based on those ingredients.

Ibotta or Fresh Rewards Apps
Cash back opportunities in your area.

Makeena
Find great deals on healthy foods.

Food on the Table
Shopping lists, recipes, ingredients and local deals.

Step 3

Find ways to create room in your budget

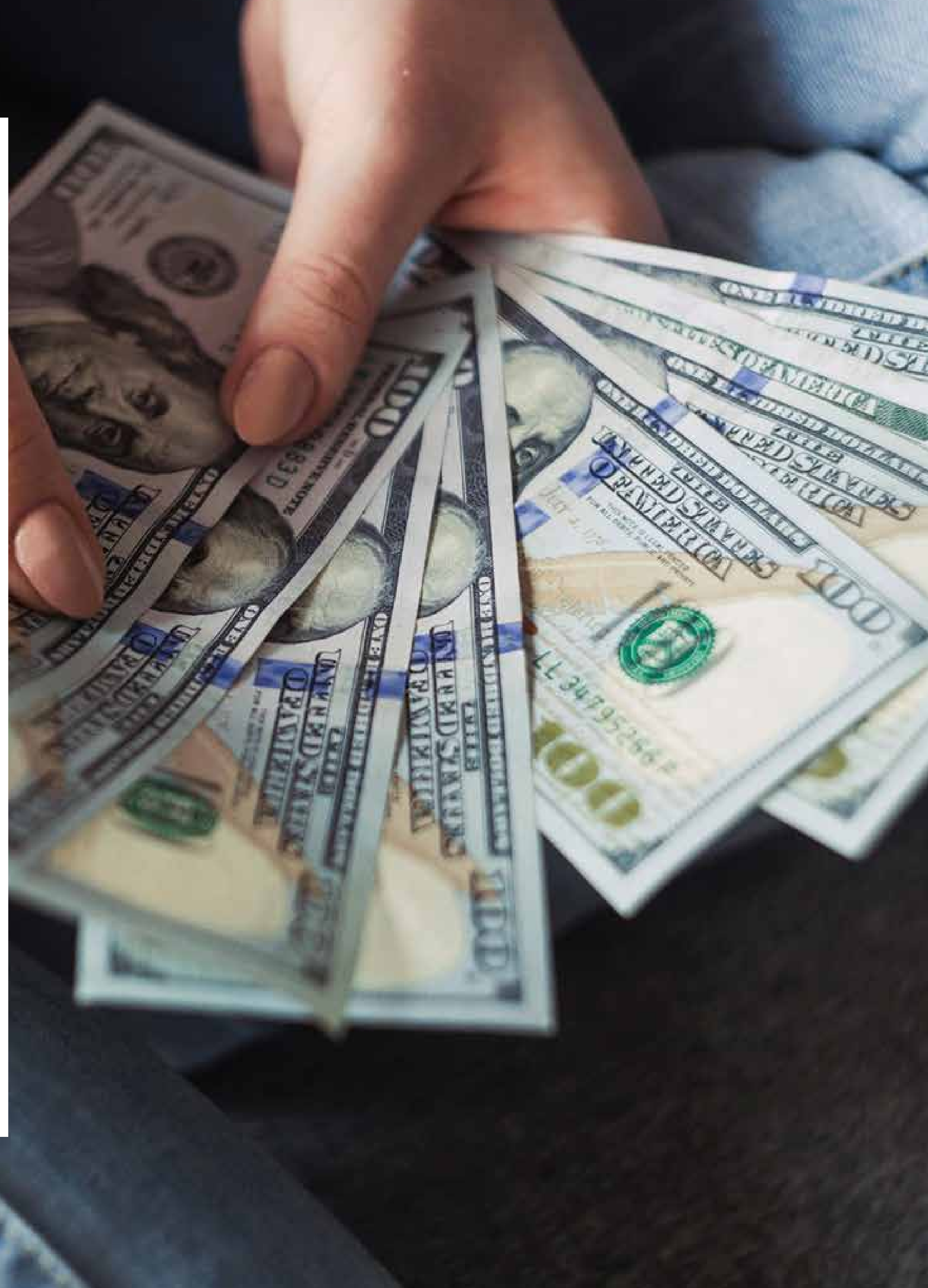
Help repair your finances by taking an inventory of your assets and consider:

1. **Do you own any items you can part with which you might be able to sell?**
   - clothes or toys your family has grown out of

2. **Do you have any talents you can use to make additional income?**
   - craft projects, handyman skills, babysitting

3. **Are you paying for any services, memberships or subscriptions you can temporarily (or permanently) suspend?**
   - fitness center, tv subscription, magazine subscription

TIP:
Start by identifying if something is a want versus a need. If it's a want, can you do without it, even for a little while, until your income returns to normal?



Step 4

Review all your current obligations

Poor payment history impacts your credit score

Prioritize your creditors

1. Assets you need to keep (home, auto, etc.)
2. Bills that must be paid (cell phone, car insurance, etc.)

Talk to your creditors – before you get behind

1. Discuss payment relief programs.
2. Be realistic and honest with your creditors.

Housing

Make sure your housing payment is your number one priority. Some landlords or lenders will move into the eviction or foreclosure process very quickly!

There are resources for necessities in this guide that will help put food on the table so you can pay your house payment on time.

Student Loans

Federal student loans have many options when financial situation changes. All FREE resources are found on the Federal Student Aid website to help you defer payments or get on a lower repayment plan that fits your income.

Missing a student loan payment can create negative marks on a credit report and lead to paychecks and tax returns being garnished.

Seek help from resources/people you can trust

Necessities

- **Visit http://211.org/ and enter your zip code**
  They can connect you with the LOCAL resources available to help them with rent, food, utilities, etc.

- **Utilities**
  Utilities often go unpaid because the timeframe of when they will shut off services is not always as strict.

  Consider applying for energy assistance through your county. Energy Assistance income limits are much higher than they are for Food Share benefits or medical insurance.

  If you do not qualify for assistance, again, communicate with your electric, gas, cell phone, or cable company.

- **Consider apply for temporary state assistance.**
  Medical insurance and food share are available if your household income dips below the poverty line.

  Your local county Human Services Department can help guide you.

Financial Counseling Resources

Sometimes it is nice to talk to a third party about what is going on financially. Thoughts of income drops and bills chasing you can lead to larger health issues because of lack or sleep and increased stress levels. These are some FREE resources to help you:

- **Marine Credit Union Foundation**
  Call 608-791-1385 or email Finding.HOME@MarineCU.com

- **GreenPath Financial Wellness**
  https://www.greenpath.com/request-a-call/

  Counseling Hours

  Monday-Thursday 7:00 am – 9:00 pm
  Friday 7:00 am – 6:00 pm
  Saturday 8:00 am – 5:00 pm

  877-337-3399

- **National Foundation for Credit Counseling**
  https://www.nfcc.org/

Six Steps to Setting up your ABLE Account in Wisconsin

ABLE Accounts allow Wisconsin residents with disabilities to save money without changing their eligibility for Medicaid (including programs like Family Care, IRIS, Katie Beckett) and SSI, or without reducing their monthly SSI payments. ABLE Accounts encourage people with disabilities to work and earn more to save their money for things they need!

1 Find out if you are eligible for ABLE?

You must know whether you (or your child) qualify for an ABLE account in order to open one. You also must meet two requirements: you must have become disabled before the age of 26 (you don't have to be under age 26 to use an ABLE account) and your disability must be "severe" enough. This means you are someone who qualifies as having a disability through the Social Security Administration (you might receive SSI or SSDI) or you receive a special disability certification from your doctor.

2 Choose the best ABLE program for you.

Wisconsin does not administer its own state ABLE program, however, Wisconsin residents can choose to use ABLE programs in many other states. A Wisconsin subtraction from federal adjusted gross income is allowed for the amount deposited in the taxable year into an ABLE account.* Each state program is different. For instance, a program may charge different types of account fees or allow you to use a debit card or checks. Some may require a minimum amount to open your account as well as a minimum balance to maintain the account annually. You can always ask a trusted friend or family member to help you make the right choice for you.

The ABLE National Resource Center has developed a tool that allows you to compare different types of state ABLE Account programs: **http://www.ablenrc.org/state_compare**.

3 Set up your ABLE Account.

Once you have chosen the right state program for you it is time to enroll. Each state program has its own process for enrollment.

You may be able to complete your enrollment online, or on paper. Each program's website will have a phone number to call with questions. Once you're set up, you can make your first contribution!

4 Know how much you and others can put into your account.

In Wisconsin you (or someone who wants to give you money) can only put up to $15,000 total in your ABLE Account in one year. If you are working and paying taxes, you may be able to contribute up to $12,060 more in your account each year. You can only have one ABLE Account in your name. Your federal SSI benefits eligibility (for your monthly SSI payment) will not change unless your ABLE account total goes over $100,000. You must still count for SSI any income you earn, even if you deposit income in your ABLE account.

5 Spend money from your ABLE account only on things that are allowed.

You can take your ABLE account money out of your account at any time (some people use an ABLE debit card) to spend only on "qualified disability expenses" that help your health, independence, or quality of life. This means that you could save money to go to school, take a class, buy a car, put a down payment on a house or pay for your transportation. There are many other things you can use ABLE for that will help you live a good life!

There are some special rules for using ABLE account money to pay rent or other housing costs, so be sure to check those out. If you wonder if something you want to spend money on qualifies, go here:

www.ablenrc.org

6 Keep good records!

If you are using your ABLE account correctly – not saving more than $15,000 per year and not spending money on things that are not allowed, you should be fine. However, you are responsible for keeping receipts and records. You or someone helping you must always be able to answer questions about how you spent your ABLE money on qualified expenses. If you break the rules, you might have to pay additional taxes or it could impact your eligibility for SSI or other federal programs.

What if you have questions? Contact The Arc Wisconsin or your local chapter of The Arc for help or to refer you to a financial planner.

*WI Dept. of Revenue: https://www.revenue.wi.gov/Pages/FAQS/ise-ABLEAccounts.aspx

This fact sheet has been edited by the UW-Madison Division of Extension.

Extension
UNIVERSITY OF WISCONSIN–MADISON

The Arc Wisconsin
The Arc Wisconsin
www.arcwi.org
info@arcwi.org
608-422-4250

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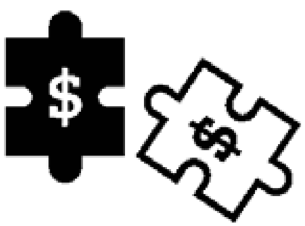
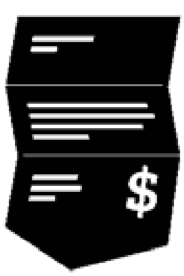
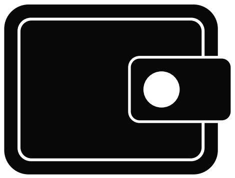
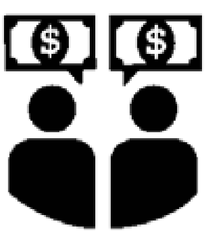
TOOLS TO COPE WITH THE FINANCIAL IMPACT OF COVID-19

If you...	First steps to take	Resources
Are about to lose your job or have already lost your job. 	• Add up any savings you have and how long you can get by before it runs out. • Find out if you qualify for unemployment insurance and then apply if you can. • Make a list of your concerns. Place a mark next to those concerns you want to deal with first. The others can wait while you work on your priorities first. • When applying for public benefits, it often takes time for the assistance to come through. Check into other resources and focus on steps you can take while you wait.	Dealing with a drop in income: https://go.wisc.edu/2s54tr Applying for unemployment benefits: https://dwd.wisconsin.gov/uiben/apply/ Other ideas or people I want to contact:
Know that you will not have enough money to pay a bill this month (rent, mortgage, utilities, phone, etc.). 	• Prioritize which bills you need to pay first in order to meet your living needs, like rent/mortgage and electric. • Contact your landlord, utility, or other creditors to see if they have hardship programs. • Call 211 to find public assistance for which you may qualify. • Consider changing the due dates on your bills to better match the dates you have money coming in. You can look into a change in due date by calling your creditor or going to their website. • If you know you'll miss a payment, contact the company to try to work out a plan as soon as you can. • If bill collectors are calling, you might need to ignore them for a short time while you're taking care of necessities first. Don't pay collectors first just because they're making the most noise.	For public and private assistance programs: Call 211 or go to 211.org Money Matters – see When You Can't Pay Your Bills: https://go.wisc.edu/ym1h1k From the Consumer Financial Protection Bureau: Five Tips for When You Can't Pay Your Bills: https://go.wisc.edu/26ti59 Other ideas or people I want to contact:

If you...	First steps to take	Resources
Need health coverage or food assistance. 	• Call 211 to find out what services you're eligible for. • Visit food banks or pantries in your area. • Visit WisCovered to find out about health insurance options. • Apply for FoodShare using the ACCESS website. You'll also be able to apply for other benefits on this website. • Visit the Extension web site listed to the right to find food resources to help get through COVID-19.	WisCovered: https://wiscovered.com ACCESS: https://access.wisconsin.gov/access/ Food resources to help get through COVID-19: https://go.wisc.edu/2ol6cv Other ideas or people I want to contact:
Have monthly expenses that exceed your cash inflows. 	• Make a monthly spending plan. • Keep track of your spending. • Look for ways to cut back on spending or put off less important expenses. • Explore ways to increase your income. • Contact your creditors and make realistic offers to them of what you can do. • Some people may need to use credit cards or borrow money. Don't take on new debt if you can avoid it because this will cost you more in the future.	Cutting back and keeping up when money is tight: https://go.wisc.edu/6926c1 Money Matters – see Making a Spending Plan: https://go.wisc.edu/ym1h1k Other ideas or people I want to contact:
Are struggling with stress caused by the pandemic and other current situations. 	• Reach out to others and nurture your relationships. • Take time to reconnect with things you enjoy in nature, music, or art. Think about what you like to do that is free and takes your mind off problems for a bit. • Find support through social and economic resources. • Call 211 to referrals to community resources	9 Keys to Resilience: https://go.wisc.edu/dt046m Other ideas or people I want to contact:
Have other concerns not covered above.	Check out our Financial Resources to Help Get through COVID-19 web page	https://go.wisc.edu/5sd9m2

Coronavirus Anxiety Workbook

A Tool to Help You Build Resilience During Difficult Times

CONTENTS

1 *Introduction*
5 *Planning Your Information Diet*
7 *My Spheres of Influence Worksheet*
8 *Practical Wisdom for Tolerating Uncertainty*
9 *Reducing Anxiety With Thought Challenging*
10 *Reducing Anxiety Through Distraction Activities*
15 *Starting a Planning Practice*
18 *Starting a Daily Gratitude Practice*
20 *Starting a Daily Breathing Practice*
21 *Improving the Quality of Your Social Connections*
22 *Developing a Regular Exercise Routine*
23 *Creating Your Stress-Resilience Action Plan*
25 *Further Resources*

Introduction

In this unprecedented period of global uncertainty, we felt it was necessary to put together this workbook to provide our community with much needed support.

The first thing to note right now is that it's completely normal to be experiencing a wide range of emotions. Accepting your feelings is an important first step to building resilience. The simple act of naming your emotions has been found to benefit wellbeing. So, take a moment now to tune into your body and notice how you're feeling. Circle the emotions that you identify with:

- Anxious
- Stressed
- Worried
- Fearful
- Low
- Lonely
- Overwhelmed
- Helpless
- Frustrated
- Guilty
- Angry

Remember: It's okay to feel discomfort. Accepting distress is often the quickest way to feel immediately calmer.

What Is Stress and Anxiety?

The terms stress and anxiety are often used interchangeably. To develop a deeper understanding of mental wellbeing, it's helpful to understand how they differ.

Stress

Kelly McGonigal, an expert in the new science of stress, offers us this definition: "Stress is what arises when something we care about is at stake". Many of us are now in positions where things that matter to us feel more uncertain, which understandably gives rise to our stress response.

Stress is best understood as manifesting in the body. It's the racing heart, sweaty palms and funny tummy we're all familiar with. Central to the experience of stress is the amygdala, the area of your brain responsible for generating your body's stress response.

Experts agree that a core component of stress is the perception of threat and danger. You've probably heard of the 'fight-or-flight' stress response as a reaction to perceived danger. In fact, we have various stress responses. For example, there is one response which encourages us to reach out for social support, named the 'tend and befriend' response.

Dr John Arden, author of several books integrating neuroscience and psychotherapy, recently put forward the term *autostress* for describing what happens when our body's stress response goes on for a long time. He explains:

> *"Like autoimmune disorders that hijack the immune system, attacking the body instead of protecting it, autostress [transforms] the stress response system into something that attacks the self rather than protecting it."*

If your body is in autostress mode, you'll experience a wide range of physical stress symptoms on an ongoing basis, regardless of your situation. That's why people often reporting feeling anxious for no apparent reason. If you're suffering from high levels of distress triggered by the pandemic, you might continue to feel this way after the virus has passed.

Signs of autostress include:

- Chest tightness and feeling like you can't breathe
- Muscle tension, aches and pains
- Headaches
- Difficulty sleeping
- Restlessness and an inability to relax
- Heart palpitations
- Digestive issues

Anxiety

Anxiety is commonly described as having both mental and physical symptoms. The distinction between mental and physical anxiety is important because different tools are required for addressing physical symptoms (what we label autostress) and mental symptoms (what we label anxiety).

Anxiety is best described as the unhelpful thinking patterns we experience when our mind fixates on threat, uncertainty and negativity.

Anxiety can occur on its own, as a response to stress, or it can trigger stress. When it occurs as a response to stress, it can intensify the stress, and, in worst cases, lead to panic attacks.

It's important to understand that you cannot control anxiety from occurring – this is your brain's automatic survival mechanism. What matters is learning how to respond to anxiety helpfully, so that you don't get carried away by it.

Here are five examples of what to look out for:

Threat Scanning	When your mind searches the environment for what you fear (consciously or subconsciously). Threat scanning is often associated with your mind assigning meaning to harmless events. Examples • *Frequently checking your body for coronavirus symptoms.* • *Obsessively checking the news for coronavirus updates.*
Catastrophising	When your mind jumps to worst case scenarios, i.e., 'making a mountain out of a molehill'. Examples • *You feel chest tightness and your mind tells you that you have coronavirus and that your life is in danger.* • *Your mind gives you the mental image of losing all the people you love.*

Hypothetical Worry	It's important to note that worry is completely normal. It only becomes unhelpful when you focus excessively on *hypothetical worries* instead of *practical worries.* Hypothetical worries include 'what if' thoughts and are typically about things you don't have much control over. Practical worries concern things you do have control over, and they can help you be more proactive. If you're very uncomfortable with uncertainty, you're likely prone to hypothetical worry and spend a lot of time focused on the future instead of the present. Examples • *"I know I'm following all the guidelines, but what if I spread the virus?"* • *"What if someone gets too close to me at the supermarket and I catch it?"*
Emotional Reasoning	When your mind tells you that your emotions reflect reality. While emotions can act as helpful messengers, they often aren't reliable. Examples • *"I feel scared, so I must be in danger."* • *"I feel guilty, so I must've done something wrong."*
Fortune Telling	When your mind interprets predictions as facts. Examples • *"I'm going to be stuck inside for months on end."* • *"My mental health will keep deteriorating and I'll have to go back on meds."*

My Unhelpful Thinking Patterns

Learning how to recognise and reduce anxiety is an extremely helpful life skill.

In Part One of this workbook, we'll introduce you to several tools for dealing with anxiety.

In Part Two, you'll create your *Stress Resilience Action Plan* for preventing and reducing autostress.

PART ONE

Tools to Help You Manage Anxiety

Planning Your Information Diet

The media is fully aware that our brains are built to fixate on threat, uncertainty and negativity – and they capitalize on it. Most news sources are negatively biased, sensationalist and speculative in order to win your attention. Anxiety is easily fuelled by consuming this kind of information. To reduce anxiety, it's important to be aware of and take control over your information diet.

My Current Information Diet

Which information sources are you feeding your mind and how often?

Key Coronavirus Facts

If you're prone to catastrophising, you may find it helpful to redirect your attention to the facts:

- The vast majority of people only experience relatively mild symptoms.
- Coronavirus is fatal in about two to three percent of cases.
- Health advice for the public is as follows:
    - Wash your hands with warm water and soap for at least 20 seconds:
        - *After coughing or sneezing*
        - *Before, during and after you prepare food*
        - *Before eating*
        - *After toilet use*
        - *When you get in from the outdoors*
        - *When hands are visibly dirty*
        - *When caring for the elderly or sick*
        - *After handling animals or animal waste*
    - Use alcohol-based hand sanitizers as a substitute for washing your hands, but do so sparingly.
    - Maintain a distance of at least 2 metres (6ft) between yourself and anyone who is coughing or sneezing.
    - Cover your coughs and sneezes and throw your tissue into a closed bin immediately after use.
    - Avoid touching your eyes, nose and mouth.
    - Frequently disinfect surfaces, like your desk, phone, tablet, smartphone, and countertops.

Trusted News Sources

We recommend finding and sticking to a credible source you can trust, such as:

- GOV.UK
- BBC News
- The Economist
- CDC.gov
- WHO.int

Uplifting News Sources

- Coronavirus chronicles: Here's some good news amid the dire reports
- Coronavirus: Creativity, kindness and canals offer hope amid outbreak
- Positive News Amongst Coronavirus Outbreak
- Italian 101-year-old leaves hospital after recovering from coronavirus
- 98-year-old COVID-19 patient discharged from hospital
- 32 Positive News Stories You May Have Missed During The Coronavirus Outbreak
- Uplifting stories from New York Times
- Positive News Magazine
- Uplifting news stories from BBC News
- German firm Bosch to cut coronavirus test time 'to 2½ hours'
- Chinese Company Donates Tens of Thousands of Masks to Coronavirus-Striken Italy, Says 'We Are Waves of the Same Sea'
- China's richest man to donate 500,000 coronavirus testing kits, 1 million masks to U.S. to help 'in these difficult times'

Good News Newsletters

- The Week
- The Telegraph
- CNN
- Good News Network
- GoodGoodGood
- Country and Town House

Planning My Information Diet

To reduce anxiety, we recommend checking your trusted news source once per day. We also recommend balancing out your information diet with uplifting news sources (as listed above).

Which news sources will you use and when will you read them? How else can you limit your exposure to anxiety-provoking news (e.g., by doing one digital detox day per week and limiting time on social media)?

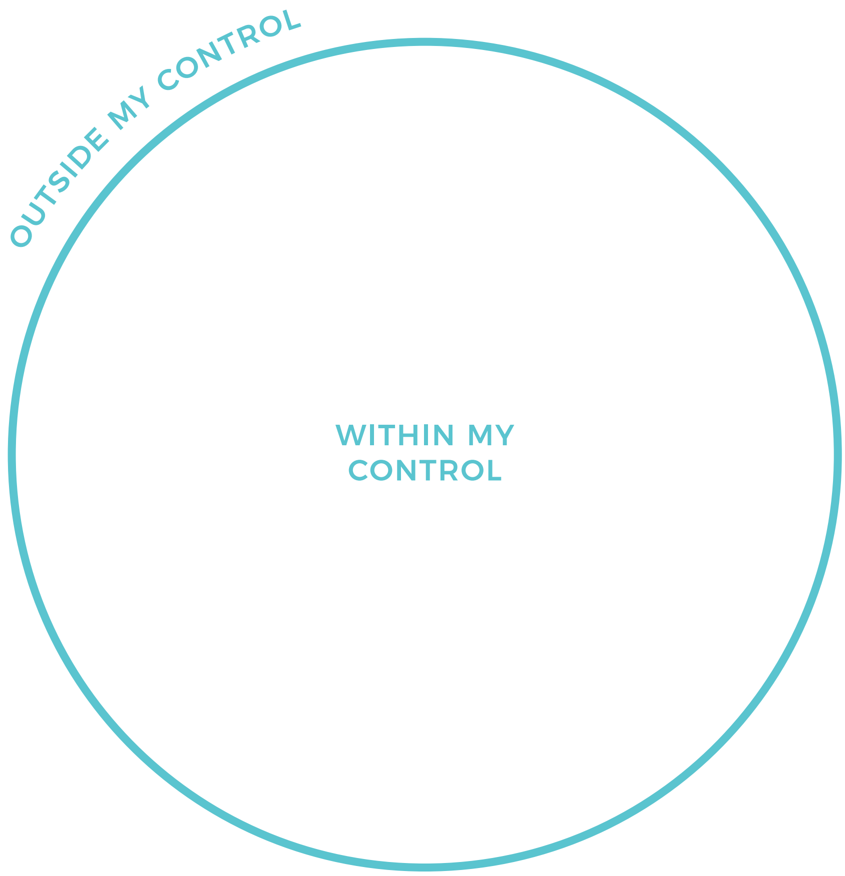
My Spheres of Influence Worksheet

If you're prone to hypothetical worry (i.e., the 'what if?' thoughts), you may find it helpful to practice noticing these thoughts and then redirecting your attention to things within your control.

Research shows that when we shift our focus to what we can control, we see meaningful and lasting differences in our wellbeing, health, and performance. So, write down what you have control over inside the circle below. Then, note the things you cannot control outside of the circle, using the table below as inspiration.

Remember: You cannot stop hypothetical worries from occurring, but you can control your response to them.

Within My Control	Outside My Control
• Building resilience • Following the latest information and advice • Focusing on what's important to me • My information diet • My routine • Relaxation • Cultivating connection • Eating well • Exercising • Seeking and offering support • Voting and activism	• Other people's decisions • Other people's health • The news • The government's actions • Schools opening or closing • The state of the healthcare system • Flights and holidays being cancelled • Traffic • Public transport • Aging • The weather



Practical Wisdom for Tolerating Uncertainty

People who experience anxiety have been shown to have a low tolerance for uncertainty. It's worth reminding ourselves that uncertainty is an inescapable part of life, and the sooner we become more comfortable with it, the sooner we can reduce mental suffering.

Stoic and Buddhist philosophy both emphasise embracing uncertainty and change as the essence of life. Many people find reading about these topics helpful, stating that practical wisdom helped them shift their mindset and reduce anxiety.

Practical Wisdom Resources

Videos

- The philosophy of Stoicism by TED-Ed
- Why Stoicism Matters by The School of Life
- Buddhist Widsom For Inner Peace by Einzelgänger

Books and Audiobooks

- Happy by Derren Brown - Listen to this for free on Audible using their 30 day free trial
- Philosophy for Life by Jules Evans
- Meditations by Marcus Aurelius
- Letters from a Stoic by Seneca
- Buddhism Plain and Simple by Steve Hagen

Quotes

- *"The greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today. The whole future lies in uncertainty: live immediately." – Seneca*
- *"Ask yourself: Does this appearance (of events) concern the things that are within my own control or those that are not? If it concerns anything outside your control, train yourself not to worry about it." – Epictetus*
- *"You have power over your mind, not outside events. Realize this and you will find strength." – Marcus Aurelius*
- *"When I see an anxious person, I ask myself, what do they want? For if a person wasn't wanting something outside of their control, why would they be stricken by anxiety?" – Epictetus*
- *"The universe is change; our life is what our thoughts make it." – Marcus Aurelius*
- *"It's not what happens to you, but how you react to it that matters. When something happens, the only thing in your power is your attitude toward it; you can either accept it or resent it." – Epictetus*
- *"Men are disturbed not by things, but by the view which they take of them." – Epictetus*
- *"Don't demand or expect that events happen as you would wish them do. Accept events as they actually happen. That way, peace is possible." – Epictetus*
- *"Don't let your reflection on the whole sweep of life crush you. Don't fill your mind with all the bad things that might still happen. Stay focused on the present situation and ask yourself why it's so unbearable and can't be survived." - Marcus Aurelius*
- *"Freedom and happiness are won by disregarding things that lie beyond our control." – Epictetus*

Top Tip

Why not research and create a scrapbook of your favourite practical wisdom quotes? When you notice your mind spiralling, try reviewing your scrapbook to reduce your anxiety.

Reducing Anxiety With Thought Challenging

Thought challenging is a simple yet powerful cognitive behavioural therapy (CBT) technique for reducing anxiety.

As mentioned, anxiety is best described as the unhelpful thinking patterns you experience when your mind fixates on threat, uncertainty and negativity. Thought challenging helps by broadening your focus to include the bigger picture.

Below are two thought challenging techniques you can experiment with. Keep practicing and discover what works best for you.

The ABCDE Technique

Attention – When you feel distressed, stop what you're doing and pay attention to your inner dialogue. What is your mind telling you?

Believe? – Do not automatically believe your thoughts!

Challenge – Defuse anxiety by broadening your focus. What's the bigger picture? Is the thought fact or opinion? What might you think if you were feeling calmer?

Discount – Acknowledge that anxiety has been is dominating your thinking and let the unhelpful thoughts go.

Explore options – What would be helpful to focus on right now? What options do I have available?

The THINK Technique

True? – Is this thought 100% true? If not, what are the facts, and what is opinion?

Helpful? – Is paying attention to the thought useful to me or others?

Inspiring? – Does the thought inspire me or does it have the opposite effect?

Necessary? – Is it important for me to focus on the thought? Is it necessary to act on it?

Kind? – Is the thought kind? If not, what would be a kinder thought?

Thought Challenging Tips

- Writing or typing your thought challenging process is more powerful than trying to do it in your head. We recommend trying out the free CBT Thought Diary app (Google Play, iTunes).
- If you're not used to paying this much attention to your inner dialogue, thought challenging might feel unnatural at first. That's okay. Over time, it'll start to feel easier.
- This isn't the most appropriate tool if you're feeling very distressed, as it can be hard to think rationally when your emotional brain has taken over. Try defusing your emotions with a distraction activity (see the following page) and returning to thought challenging once you're feeling calmer.

Adapted from Carol Vivyan (2006)

Reducing Anxiety Through Distraction Activities

If your mind continues to spiral with unhelpful thoughts, distraction can be an effective tool for nipping it in the bud. It's important to note that a distraction activity must be very attention absorbing to effectively reduce anxiety. When an activity isn't working well, spend some time reflecting on why this could be and how you could make it more attention grabbing in future.

Distraction activities have the added benefit of helping you feel happier, more motivated and more energised, as well as combatting feelings of boredom.

Low activity and social disconnection are the two most fundamental maintaining factors of low mood, motivation and energy.

To feel better through building up your drive system (see page 8 of our *Understanding Your Mental Wellbeing Guide*), you need to increase your activity levels and ensure you're meeting your social connection needs (which we'll address later).

Here's a checklist of 74 ideas for healthy distraction activities. Tick the ones you like the sound of to add to your distraction activities list alongside your own ideas:

☐ 1. Browse mindfulness and meditation resources to try - find lots in our online guide!
☐ 2. Work on personal development through journaling - here's a list of prompts
☐ 3. Browse new healthy recipes
☐ 4. Plan your meals
☐ 5. Work your way through this list of films that have helped people with their mental health
☐ 6. Do the 7 Day Happiness Challenge from Action for Happiness
☐ 7. Watch free online documentaries
☐ 8. Watch comedy
☐ 9. Play on a trivia or games app
☐ 10. Learn some basic yoga poses - we recommend Yoga with Adriene on YouTube
☐ 11. Learn calligraphy or hand-lettering
☐ 12. Learn how to play a musical instrument
☐ 13. Talk to a volunteer listener (see pages 20-26 of The Social Connection Planner)
☐ 14. Read a biography about someone who inspires you
☐ 15. Do some mindful colouring - check out our free mindful colouring sheets
☐ 16. Rediscover old music you liked when you were a teenager
☐ 17. Watch a live stream theatre show from The National Theatre
☐ 18. Make a list of things to save up for
☐ 19. Have a relaxing DIY foot soak
☐ 20. Do a free online nutrition course
☐ 21. Start a blog
☐ 22. Download Bumble BFF and chat to new people in your area
☐ 23. Reorganise or redecorate your living space
☐ 24. Do a jigsaw puzzle
☐ 25. Make a list of goals for the year
☐ 26. Find a new podcast to listen to
☐ 27. Declutter
☐ 28. Update your CV
☐ 29. Make a list of books you want to read this year

- ☐ 30. Search Pinterest for craft or DIY project ideas
- ☐ 31. Download Reddit and browse uplifting content such as r/aww and r/humansbeingbros
- ☐ 32. Do a free online drawing class
- ☐ 33. Search Facebook for local groups with volunteering opportunities
- ☐ 34. Arrange to catch up with someone over video chat
- ☐ 35. Explore new music
- ☐ 36. Do a workout video
- ☐ 37. Brainstorm ways to save more money
- ☐ 38. Learn furniture building or upcycling
- ☐ 39. Make a life experiences bucket list
- ☐ 40. Get a 30 day free trial of Audible and listen to an audiobook
- ☐ 41. Do a free online coding course
- ☐ 42. Build your Mental Wellbeing Toolkit
- ☐ 43. Use Jackbox Games to play games with friends
- ☐ 44. Join an online book club
- ☐ 45. Start learning a new language
- ☐ 46. Do the 4-week Best Possible Self Exercise, an evidence-based intervention for improving wellbeing
- ☐ 47. Plan some thoughtful birthday or Christmas gifts
- ☐ 48. Research activities for your elderly relatives
- ☐ 49. Start a side project to earn extra money
- ☐ 50. Browse free online courses (here are some for kids)
- ☐ 51. Write a poem or short story
- ☐ 52. Make a cookbook of your favourite recipes
- ☐ 53. Make a list of things you're looking forward to when the pandemic is over
- ☐ 54. Become a volunteer listener (or chat to one) on 7Cups.com
- ☐ 55. Watch a live stream gig from Sofar Sounds
- ☐ 56. Watch TED Talks
- ☐ 57. Use the Netflix Party extension to watch Netflix with your friends online
- ☐ 58. Do a home improvement project
- ☐ 59. Do some gardening
- ☐ 60. Make a list of topics you're curious about and research them online
- ☐ 61. Do a spring clean
- ☐ 62. Search Pinterest for family bonding ideas
- ☐ 63. Search Pinterest for indoor kids activities
- ☐ 64. Learn knitting, cross-stitch or embroidery
- ☐ 65. Find a new board game to play
- ☐ 66. Do exercise song videos with your kids
- ☐ 67. Take part in a virtual pub quiz
- ☐ 68. Start a dream journal
- ☐ 69. Watch a live opera stream from The Metropolitan Opera
- ☐ 70. Do some baking
- ☐ 71. Feel more connected by finding a pen pal
- ☐ 72. Learn how to invest in this free online course
- ☐ 73. Explore ideas for camping in your backyard
- ☐ 74. Browse our free tools library!

My Distraction Activities

Write the activities you ticked in the box below.

Another idea is to make an "I Get To List". Write: *"Now that I have more free time, I get to..."* and brainstorm your ideas. What opportunities does having more free time bring for you?

MOTIVATION FOLLOWS ACTION.

"What assistance can we find in the fight against habit? Try the opposite!" - Epictetus

If you've been inactive and feeling low for a while, you'll likely be experiencing low motivation and energy levels.

You can build up your motivation and energy by increasing your activity.

Don't think – just do.

Motivation will follow!

Check out this video on the opposite action technique for more guidance.

PART TWO

Creating Your Stress Resilience Action Plan

—

Here are five different methods for preventing and reducing physical anxiety symptoms (i.e., autostress).

Choose the practices that appeal most to you and add them your Stress Resilience Action Plan.

(The more, the better!)

Starting a Planning Practice

Maintaining structure can work wonders for your mental wellbeing. Routines help you increase your sense of control and defuse feelings of overwhelm.

Planning Tips

- **Schedule regular breaks.** Take time to mindfully drink your tea or focus on your breathing – here's a great website you can bookmark from Calm.
- **Write a weekly goals list.** Identify what you need to do to achieve your weekly goals. Break tasks down into smaller steps and cross them off as you go to maintain a sense of progress throughout the day.
- **Identify 1-3 "Most Important Tasks".** Creating a daily MIT list helps you prioritize your most important and urgent tasks.
- **Review your crossed off items at the end of the day.** Taking stock of your achievements can help boost mental wellbeing.
- **Try a to do list app.** You may prefer a digital format such as Google Keep.
- **Experiment with productivity techniques** such as The Pomodoro Technique and Eat The Frog.
- **Write your daily to do list the night before.** You might find that being able to start work straight away helps increase your productivity. Also, this practice can help you clear your mind and switch off in the evening.
- **Tidy your workspace at the end of the day.** Research finds that cluttered environments interfere with your ability to focus.
- **Decide on a regular sleep schedule.** When it comes to improving sleep, research suggests that maintaining a regular sleep schedule is of high importance.
- **Create an end of work day ritual.** To enforce work-life boundaries, you might find it helpful to create an end of day ritual such as changing into comfier clothes, switching off work email notifications and putting on some music.
- **Create weekly family traditions.** Strengthen family routines through traditions such as "Board Game Fridays" and "Movie Night Mondays". Find more advice and resources for setting up a family routine here, here and here.
- **Be kind to yourself.** You might suddenly have a lot more on your plate. Be mindful of your inner critic, and remind yourself that you can only do the best you can.

Notes

weekly planner

WEEK OF:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

MY WEEKLY GOALS

daily planner

DATE:

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

11PM

3 MOST IMPORTANT TASKS

NOTES

Starting a Daily Gratitude Practice

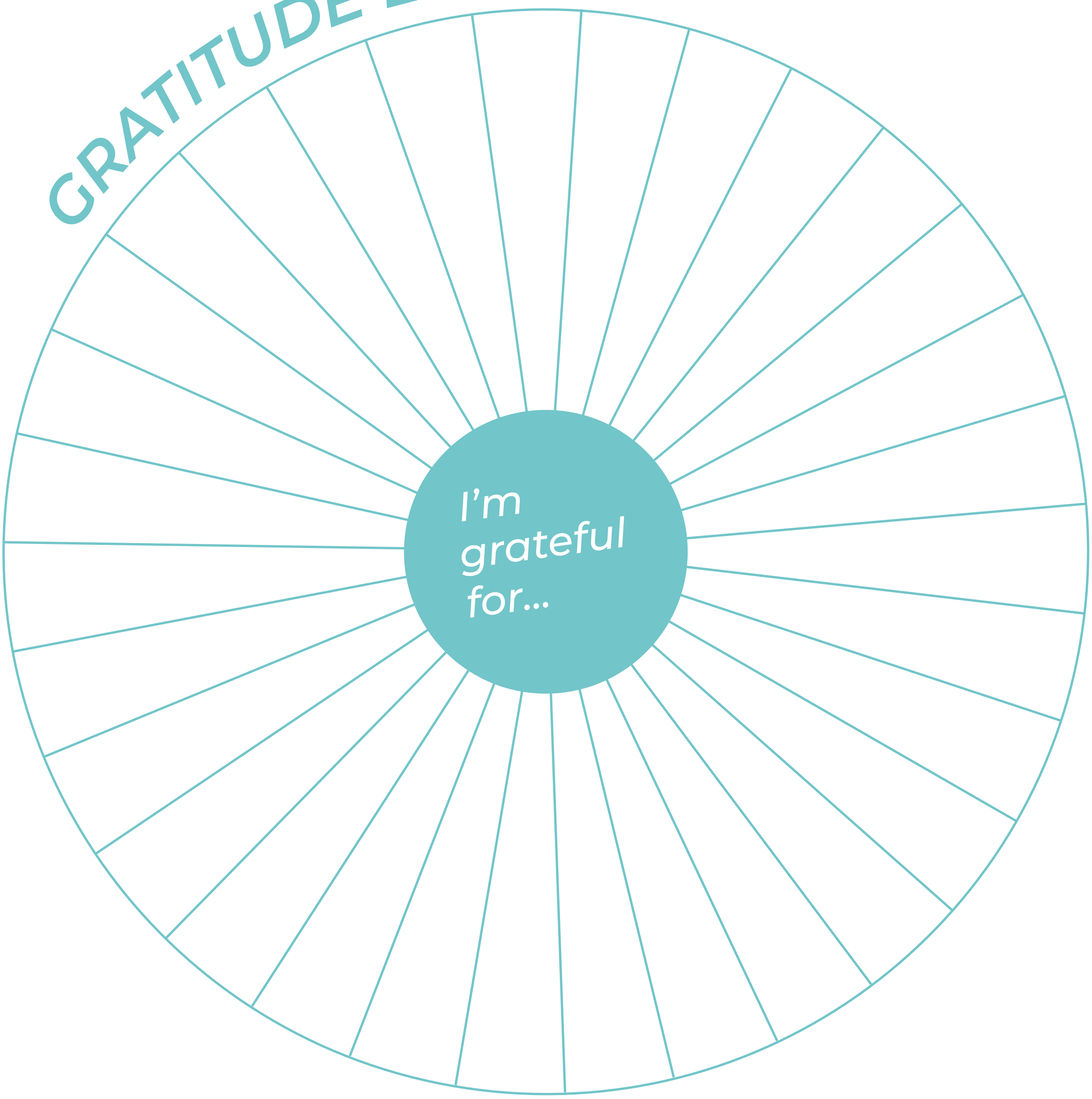
> *"Enjoy the little things. For one day you may look back and realize they were the big things." – Robert Brault*

Research shows that cultivating gratitude has a plethora of benefits, including:

- Reducing stress and anxiety
- Boosting mood
- Strengthening your immune system
- Improving sleep

A simple way to cultivate gratitude is to keep a gratitude log. Each day at a set time in your daily routine, write down one thing you're grateful for on the following sheet.

GRATITUDE LOG



Starting a Daily Breathing Practice

Breathing difficulties are associated with autostress. When you have problems with your breathing, you lower the amount of carbon dioxide that's normally in your blood. This leads to a wide range of symptoms, including:

- Shortness of breath
- Chest tightness
- Tingling or numbness in the arms, fingers, toes, or around the mouth
- Feeling dizzy and light-headed
- Weakness
- Heart pounding and racing
- Heart palpitations
- Sweating or hot flushes
- Headaches
- Feeling sick
- Fatigue

These symptoms can appear out of the blue and can also lead to panic attacks.

Your breathing difficulties may be related to:

- *Shallow breathing* (breathing in too quickly)
- *Over-breathing* (breathing in more air as you feel like you're not getting enough, for example through yawning or sighing frequently)

Some people experience both.

So, let's take a moment to test your breathing:

1. Put one hand on your chest, and one on your belly.
2. Breathe for a few seconds. Which hand rises?
3. If it's your chest, you might have developed a habit of shallow breathing.

Although the effects of shallow breathing can be very unpleasant, it won't harm you, and you can reverse the habit with a daily breathing practice. The next time you feel anxious, take a moment to notice your breathing. Focus on breathing through your stomach so that your belly rises when you inhale and drops when you exhale.

Here's a belly breathing exercise you can practice for 5-10 minutes a day:

- Inhale gently, lightly and slowly count to four, expanding your belly as you do so,
- Hold that breath for a count of two,
- Slowly exhale though your mouth for a count of six.

This is referred to as 'belly breathing'. Research shows that practicing regular belly breathing can help people feel calmer within a matter of weeks.

Top Tip

You can use the breathing timer function on the free [Stop, Breathe and Think app] to complete your daily breathing practice. They also have a great kids version!

Improving the Quality of Your Social Connections

How to cultivate connection in a period of isolation?

Here are some ideas. Tick the ones you're interested in adding to your *Stress Resilience Action Plan:*

☐ 1. Use the online support resources listed in page 7 of The Social Connection Planner.
☐ 2. Explore improving your communication skills using pages 12-14 of The Social Connection Planner.
☐ 3. Talk to volunteer listeners on a helpline (see pages 20-26 of The Social Connection Planner).
☐ 4. Use this time as an opportunity to complete the Relationship Inventory Exercise (see page 27).
☐ 5. Schedule video chat catch ups with friends you haven't spoken to in a while.
☐ 6. Use the video chat app Houseparty to play popular games like trivia and Heads Up! with friends.
☐ 7. Have a virtual happy hour over video chat.
☐ 8. Browse Meetup.com for events that have been transferred to online.
☐ 9. Organise a weekly lunch date with a friend over video chat.
☐ 10. Use the Netflix Party extension to watch Netflix with your friends online.
☐ 11. Send letters to your loved ones using a service like Postable.
☐ 12. Play Scrabble and chat to friends using the Words with Friends app.

Here's a list of 17 video chat options.

What else could you do? Reflect below.

Developing a Regular Exercise Routine

> *"Walking is man's best medicine." - Hippocrates*

Exercise reduces the overall activation of your amygdala and sympathetic nervous system – the parts of your brain and body that generate your stress response.

Research suggests that aerobic exercise (such as walking, cycling, and jogging) provides the same benefits as non-aerobic exercise (such as yoga and pilates).

Studies also suggest you need around **21 minutes three times a week** to experience the benefits. So, you don't have to spend hours doing it – it's something most of us can fit in to our lives when it becomes a priority.

It's important to find something that you enjoy when it comes to building an exercise habit. Now more people than ever are interested in fitness, you have endless options. These include 'bedroom fitness' resources and tools that make it easy to keep moving indoors.

Here are some ideas. Tick the ones you may be interested in adding to your *Stress Resilience Action Plan:*

- ☐ 1. Schedule a daily walk.
- ☐ 2. Complete YouTube video workouts.
- ☐ 3. Do a free trial of Les Mills at home workouts.
- ☐ 4. Do online yoga with Yoga with Adriene.
- ☐ 5. Do the 5 week strength and flexibility plan from the NHS.
- ☐ 6. Set yourself a challenge to run 5k with the support of the Couch to 5k running plan for beginners.
- ☐ 7. Invest in some indoor exercise equipment.
- ☐ 8. Do this 10 minute home cardio workout from the NHS.
- ☐ 9. Find an outdoor gym to visit.
- ☐ 10. Browse Pinterest for indoor workouts.
- ☐ 11. Do an affordable at home cardio workout with a jump rope.
- ☐ 12. Invest in a Fitbit to track your progress.

Don't forget: Motivation follows action!

Creating Your Stress-Resilience Action Plan

Review your workbook and make a note of the actions you've considered below.

Then, select up to five actions that feel the most appealing to you to add to your *Stress Resilience Action Plan* on the following page.

My Stress-Resilience Action Plan

ACTION STEP	WHEN WILL I DO IT?	DONE ✓

Further Resources

> *"Don't be ashamed of needing help. You have a duty to fulfil just like a soldier on the wall of a battle. So what if you are injured and can't climb up without another soldier's help?"*
> *- Marcus Aurelius*

There are endless ways to improve your mental wellbeing and an abundance of tools to support you.

This time may represent an excellent and rare opportunity for you to invest in yourself and develop skills that will help you for the rest of your life.

Here are some recommended resources:

- The free online course Coping during the pandemic from Recovery College Online (click log in as guest)
- Free Online Meditation Resources for Times of Social Distancing / COVID-19 by The Awake Network
- Coronavirus Anxiety - Helpful Expert Tips and Resources from the ADAA
- The free e-Book FACE COVID: How to respond effectively to the Corona crisis by Dr Russ Harris
- Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty from Psychology Tools
- The Framework, our deeper dive into understanding, transforming and reducing stress, autostress and anxiety
- The Mental Wellbeing Toolkit, our comprehensive set of practical tools designed to help you improve your mental health and wellbeing
- Our online guide to accessing therapy. There are many therapists currently working via video chat. If you start to feel too overwhelmed emotionally or physiologically, we strongly encourage you to seek the support of a trained professional

We love hearing from you.

—

Thank you to everyone who shared their experiences with us for the development of this workbook.

Collaboration is incredibly important to us, and we really appreciate your help in making our tools the best they can be.

Do you have any feedback on the workbook? Or suggestions for future updates/tools?

Please email us at hello@thewellnesssociety.org.

We love to hear from you!

Published by The Wellness Society
Supported by Jamma International

JAMMAInternational.

A full list of references is available on request by emailing hello@thewellnesssociety.org

Online Movement Resources

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March 2020

I have heard from many of you how helpful you've found these resources – and I am so glad! During this trying time, please remember that for many artists and movers out there, teaching is their livelihood – and this is currently very compromised. I hope you'll engage in the below in order to benefit your own holistic well-being, and as you are able, that you'll also support local artists and movement teachers through virtual or live-streamed classes (I'm working to build a list of those if you scroll down). Let me know if you have additions to this growing list by sending me a message at mariahlefeber@gmail.com. Thank you!

- **Do Yoga With Me**
  - doyogawithme.com
  - Free online yoga classes; you can choose the focus, length and difficulty
- **Barre3**
  - barre3.com
  - Typically subscription based but currently offering a free 15 day trial for their online workouts!
- **Open Source Dance Class**
  - youtube.com/channel/UCnPJliPrK8K480gPx0hIpfw
  - Brand new YouTube channel created in response to dance courses moving online; different dance professors/educators will upload elements of dance classes online for access
- **Dancing Alone Together**
  - dancingalonetogether.org
  - Another source created especially for the unique time, this online resource offers livestream classes and performances, as well as prompts to create
- **Fitness Blender**
  - youtube.com/user/FitnessBlender
  - YouTube fitness channel; variety for focus, length and difficulty
- **Lazy Dancer Tips**
  - youtube.com/channel/UCbUN4EOchmBbZ9ZjKi9IRVQ
  - YouTube dance classes; variety of ballet based classes and workouts
- **Yoga With Adriene**
  - youtube.com/user/yogawithadriene
  - YouTube yoga classes; free yoga classes of different lengths and styles
- **Rachel Meyer Yoga**
  - youtube.com/channel/UCvFWhkcCLA2FzlEe6aFSaLA/featured
  - YouTube yoga channel; vinyasa style yoga you can do at home (also, that's my sister!)
- **Ballerinas by Night**
  - youtube.com/user/youtendu
  - YouTube dance channel; created for adults beginning ballet or returning after a long time
- **Kathryn Morgan**
  - youtube.com/user/Tutugirlkem
  - YouTube channel; ballet based classes and workouts led by ballerina Kathryn Morgan
- **Dancio**
  - dancio.com
  - Online dance classes with professional dancers; typically subscription based but currently offering a free two week trial
- **The Balanced Life Pilates with Robin Long**
  - youtube.com/user/TBLwithRobinLong?fbclid=IwAR1E2AH_3BFkthDBylne4K4CRjKAjB67h9PykXASKmcUURhBxNaXz3WWGj4
  - YouTube fitness channel; features different lengths and levels of pilates and barre workouts

- **Laban/Bartenieff Warm-Up**
    - youtube.com/watch?v=DaGt49rRtRU
    - This is a Laban-based movement warm-up; some of it might feel/look familiar to our class floor warm-up (for my dance students)
- **Developmental Movement Patterns – Somatic Groundwork**
    - youtube.com/watch?v=QElqqcKuJA4
    - Another warm-up that might connect to what we've done and talked about in class (for my dance students)
- **Fitness Marshall**
    - youtube.com/user/TheFitnessMarshall
    - YouTube fitness dance channel; workout dances set to popular music songs (also, super fun!)
- **Pop Sugar Fitness**
    - youtube.com/user/popsugartvfit
    - YouTube fitness channel; variety of dance based workouts
- **Progressive Muscle Relaxation**
    - youtube.com/watch?v=86HUcX8ZtAk
    - Calming progressive muscle relaxation for body awareness and relaxation; maybe you could finish with this after doing some other movement?
- **Eight Pieces Qigong**
    - youtube.com/channel/UC6dDN9cvbiLUaT6BS8zzz0g
    - YouTube Qigong channel; includes a full 20 minute daily routine
- **5 Minute Guided Meditation**
    - youtube.com/watch?v=8Xdwr4cRTVA
    - One example of many different guided meditations available on YouTube
- **Apps** (so many more, this is just a list to get you started!):
    - Down Dog Yoga
    - Just Dance Now
    - Yoga Anytime
    - Yoga for Everybody
    - Headspace (Mindfulness)
    - Calm (Mindfulness)

Kid Friendly Online Movement Resources

These are great for anyone, but especially for kids! All YouTube videos and channels that cater to movement for children. These are amazing and my own 7 and 9 year olds are benefiting from them so much right now!

- **BrainDance Example Video**
    - youtube.com/watch?v=UH2xNx2t6Xw
- **GoNoodle**
    - youtube.com/user/GoNoodleGames
- **Cosmic Kids Yoga**
    - youtube.com/user/CosmicKidsYoga
- **Kidz Bop Kids**
    - youtube.com/user/KidzBopKids
- **Moovlee**
    - youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg
- **P.E. with Joe (on The Body Coach)**
    - youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ

Support Artists: Virtual & Streamed Classes

The quickly evolving and emerging library of virtual and streamed dance and movement classes is an amazing testament to the resilience, flexibility and creativity of the dance community. I hope this list keeps growing as we all learn new ways to move together / while not together.

- **Classical Ballet Academy, Portland, OR**
  - Virtual, synchronous classes for ages three to adult in ballet, contemporary and more
  - Email director@classicalballet.net for more information
- **Dance with Joy Studios, Portland, OR**
  - dancewithjoystudios.com/schedule/
  - Virtual ballroom and much more; check out the full schedule online
- **Vancouver Wellness Studio, Vancouver, WA**
  - https://vancouverwellnessstudio.com/weekly-classes-livestreamed
  - Livestream yoga and dance from a wonderful, dance/movement therapist owned wellness studio
- **Lix Sexe Dance & Pilates, Madison, WI**
  - lizsexedance.com/class
  - Adult intermediate/advanced modern Sundays at 5:30 p.m. CST with the amazing Liz Sexe